



Cornbread Dressing

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



225 kcal

SIDE DISH

Ingredients

- 8 ounce water chestnuts sliced canned
- 1 pound cornbread store bought cut into 1-inch cubes
- 1 large eggs
- 2 tablespoons herb marinade mix italian (recommended: Durkee Grill Creations)
- 1 cup chicken broth low-sodium
- 1 cup monterrey jack cheese shredded
- 1 cup onions diced frozen thawed
- 14.8 ounce regular corn sweet cream style canned

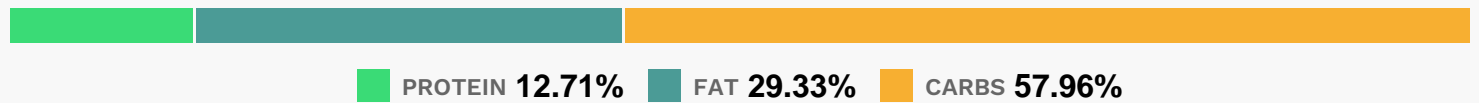
Equipment

- bowl
- oven
- casserole dish

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F. Spray a 2 1/2 quart casserole dish with cooking spray. Set aside.
- In a small bowl beat 1 egg with the chicken broth. In a large bowl combine remaining ingredients and egg mixture. Stir to combine.
- Transfer to the prepared casserole dish.
- Bake for 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.54, Glycemic Load:3.9, Inflammation Score:-4, Nutrition Score:7.8139131146929%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 224.7kcal (11.24%), Fat: 7.58g (11.66%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 30.67g (11.15%), Sugar: 9.04g (10.05%), Cholesterol: 45.43mg (15.14%), Sodium: 298.09mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.77%), Phosphorus: 241.36mg (24.14%), Calcium: 142.95mg (14.3%), Fiber: 3.02g (12.09%), Manganese: 0.23mg (11.68%), Folate: 38.67µg (9.67%), Vitamin B2: 0.16mg (9.58%), Iron: 1.63mg (9.05%), Selenium: 6.31µg (9.02%), Vitamin B3: 1.78mg (8.92%), Vitamin B6: 0.17mg (8.43%), Vitamin B1: 0.12mg (7.88%), Vitamin K: 7.08µg (6.74%), Zinc: 0.98mg (6.55%), Vitamin B5: 0.64mg (6.45%), Potassium: 221.27mg (6.32%), Magnesium: 23.82mg (5.96%), Vitamin A: 263.75IU (5.27%), Copper: 0.1mg (5.03%),

Vitamin C: 3.34mg (4.05%), Vitamin E: 0.59mg (3.96%), Vitamin B12: 0.22µg (3.7%)